

Villa Maria-thon

5-K Run & 2-mile Walk

Saturday, June 4, 2011, 9:00 am

Registration opens at 7:30 am

Villa Maria, 2105 Evergreen Rd, Villa Maria, PA 16155

Find updated info at...

www.villaprograms.org

Click on Adults and scroll down to June 4.



AGE GROUPS:

11-15
16-19
20-29
30-39
40-49
50-59
60+

Costs and Benefits

5-K Run: \$15 if by May 18, \$20 after May 18

2 Mile Walk: \$10 if by May 18, \$15 after May 18

50 Yard Dash: Free (no T-shirt or free refreshments)

- Prizes for runners in all age groups and overall
- T-shirts and refreshments for all pre-paid participants
- T-shirts and refreshments not guaranteed for post May 18 registrations, but we'll try to provide.

EXTRAS!

- **50/50 Raffle**
 - **Food/Beverages Provided for Runners/Walkers**
 - **Farm Greenhouse Garden Plants & Flowers for Sale**
 - **Villa Shoppe Fair Trade Goods for Sale**
 - **Drum Circle**
- Check Website for Updated Information**
www.villaprograms.org

Support the charitable work of Villa Maria Education & Spirituality Center:

- **Summer Camps for Children from Low-Income Families**
- **Service Programs that Include Building Homes, Providing Food and Providing Clothing for Low-Income Families**
- **Youth Retreats and Educational Programs**
- **Adult and Family Retreats and Programs**

Your Participation Supports Villa Maria Farm, Which Donates Half of its Organic Produce to Feed the Hungry and the Villa Shoppe, a Fair Trade Ministry of the Sisters of the Humility of Mary Supporting Small Business Cooperatives and Sole Proprietorships in Third World Countries as well as in the USA

Name: _____ Date of Birth: _____ Sex (circle one): M F

Address: _____ City: _____

State: _____ Zip Code: _____

Phone: _____ Email: _____

Check one: 5-K Run ___ 2 Mile Trail Walk ___ 50 Yard Children's Race ___

T-shirt: Adult Small ___ Med ___ Lg ___ XLg ___ Child Small ___ Med ___ Lg ___

WAIVER (MUST BE SIGNED) In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do release, discharge, and hold harmless Villa Maria Education & Spirituality Center and its officers, directors, volunteers, staff, and sponsors, from any and all claims, damages, demands, or causes of action whatsoever in any manner directly or indirectly arising out of or related to my participation in said athletic event; I am physically fit and have sufficiently trained to participate in this event. By signing below I give permission without compensation to use my likeness in photographs and/or videos for purposes of promoting Villa Maria Education & Spirituality Center. I agree to abide by all the rules of participation and acknowledge that the race committee may refuse or return any entry at its discretion.

Signature: _____ Date: _____

(A parent or legal guardian must sign for all participants under the age of 18).

Make check to Villa Maria, Mail form to: Villa Maria-thon, PO Box 424, Villa Maria, PA 16155—Ph: 724-964-8886, www.villaprograms.org